

Stone Curry with Brown Rice

Makes: 8 Servings

“My mom runs an in-home day care, and we made this curry with all the kids while acting out the story, Stone Soup,” says Corrine. “This curry is served with brown rice, fruit, and a glass of milk. We have a lot of fun making it and learning about the foods we put into it, so we like to eat it. When you taste it, don’t forget to say, ‘Curry from a stone. Fancy that!’”

Ingredients

3 tablespoons olive oil
1 medium onion (diced)
3 cups water
2 cans chickpeas (drained and rinsed, 14-ounce)
2 medium red-skinned potatoes (diced)
1 medium sweet potato (peeled and diced)
1 medium tomato (chopped)
4 cups finely chopped spinach
1/2 cup jarred mild curry sauce (or 1 tablespoon curry powder)
4 cups cooked brown rice

Directions

1. In a large saucepan over moderate heat, warm the olive oil. Add the onion and sauté, stirring occasionally, until soft and translucent, about 4 minutes. Add the water and bring to a boil.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	299	
Total Fat	8 g	12%
Protein	8 g	
Carbohydrates	49 g	16%
Dietary Fiber	10 g	40%
Saturated Fat	1 g	5%
Sodium	288 mg	12%

MyPlate Food Groups

Vegetables	1 1/4 cups
Grains	1 ounce

2. Add the chickpeas, red-skinned potatoes, sweet potato, tomato, and spinach, one at a time, while talking about the colors and nutrients in each vegetable and how they keep us healthy.

3. Reduce the heat to low and simmer the vegetables until tender, about 10 minutes. Add the curry sauce or powder and simmer for 5 more minutes. Serve over brown rice.

Notes

State: Iowa

Child's Name: Corrine Vandergaast, 9

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook